
2009-2010 Instructional Classes

Revised Feb 17, 2010 for Spring session

Spring 2010 session - April 5th to June 21st

NO CLASSES - Victoria Day - Monday, May 24th

Class Descriptions

PARENT N TOT (AGE 3) (45 MIN):

This 45 minute class will get your toddler moving, jumping, and exercising in a fun environment. Parent participation assists your child in developing their new trampoline skills.

Times: ~~Tues 1pm~~, ~~Thurs 1:15pm~~, ~~Sat 9am~~, 10am, Sun 10am, 11am

BOUNCING BEARS (AGE 4-5) (1 HOUR):

Bouncing Bears incorporates basic trampoline and gymnastic skills into a 1 hour class that is non-stop fun. This program uses a 3 tiered level system that focuses on fun, fitness, and fundamentals to assist your child's progress.

Times: ~~Mon 4pm~~, ~~Tues 2pm~~, 4pm, ~~Wed 4pm~~, 5pm, ~~Thurs 2pm~~, ~~Fri 4pm~~, ~~Sat 9am~~, 10am, 2pm, Sun 10am, 11am

LEAPING LIZARDS (AGE 6-10) (1 HOUR):

This 1 hour recreational trampoline class for children ages 6-10 uses our unique teaching approach with 20 levels of skills to master. This program focuses on fun, fitness, and fundamentals to encourage the young athlete.

Times: ~~Mon 4pm~~, 5pm, 7pm, ~~Tues 4pm~~, 5pm, ~~Wed 4pm~~, ~~Thurs 7pm~~, ~~Fri 4pm~~, ~~Sat 11am~~, 1pm, 2pm, ~~Sun 10am~~, 11am, 1pm, 3pm

FAMILY BOUNCE (AGE 3+) (1 HOUR):

This 1 hour class allows parents and their children to develop their trampoline skills together. Enjoy a structured learning environment while spending some quality family time together.

Times: ~~Mon 2pm~~, ~~Sat 1pm~~, 2pm, ~~Sun **new 11am**~~, 1pm, 3pm

FLIPPING FROGS (AGE 8-13), N HIGH FLYERS (AGE 12-18) (1.5 HOURS):

Recreational trampoline classes for children ages 8-18 uses our unique teaching approach with 20 levels of skills to master. An overlap of ages among these 1.5 hour classes allows you to pick the class that will suit your child's needs.

Flipping Frogs Times: ~~Mon 4pm~~, ~~Tues 5:30pm~~, 7pm, ~~Wed 6pm~~, ~~Thurs 4pm~~, 5:30pm, ~~Fri 5pm~~, ~~Sat 10:30am~~, 3pm, ~~Sun 5pm~~

High Flyers Times: ~~Mon 5:30pm~~, ~~Tues 7:30pm~~, ~~Wed 7:30pm~~, ~~Thurs 4pm~~, 7:30pm, ~~Fri 5pm~~, ~~Sun 6:30pm~~

FREEDOM SEEKERS (AGE 18+) (1.5 HOURS):

Expect a workout like nothing else you have ever experienced. Trampoline is a whole body workout with low impact and added fun! During this 1.5 hour class you can expect fun, sweat, and trampoline instruction to guide you through our level system, consisting of 20 levels.

Times: ~~Mon 8pm~~, ~~Tues 8pm~~, ~~Thurs 8pm~~, ~~Sun 8pm~~, 8:30pm

*Schedule subject to change based on registration.

**Classes may be cancelled due to inclement weather. A make-up opportunity will be offered if possible.

***REFUNDS prior to the commencement of the session will be issued minus a \$25 administration fee. Upon commencement of the session, refunds will only be issued upon receipt of a doctor written medical note for the remainder of the session minus a \$25 administration fee.



Just Bounce Trampoline Club Inc.

3731 Chesswood Dr
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www.justbounce.ca



FEES

Parent & Tot (Age 3) (45 min)

Fall 2009 Session - \$182 + GST = **\$191.10** *14 weeks
Winter/Spring 2010 Sessions - \$143 + GST = **\$150.15** *11 weeks

Bouncing Bears (4-5) or Leaping Lizards (6-10) or Family Bounce (3+)

(1 hour)

Fall 2009 Session - \$210 + GST = **\$220.50** *14 weeks
Winter/Spring 2010 Sessions - \$165 + GST = **\$173.25** *11 weeks

Flipping Frogs (8-13) or High Flyers (12-18) or Freedom Seekers (18+)

(1.5 hours)

Fall 2009 Session - \$294 + GST = **\$308.70** *14 weeks
Winter/Spring 2010 Sessions - \$231 + GST = **\$242.55** *11 weeks

****DISCOUNTS:**

Family Discount - 10% off 2nd family member, 15% off 3rd and subsequent family members.
Double Dose Discount - take 10% off 2nd class/week (must be same participant).

***If space is available, we will accept registrations mid-session with a prorated fee!

AGE REQUIREMENTS:

Athletes must be turning the Required Age for the class Prior to end of the session being registered for.

PARTICIPANTS WITH SPECIAL NEEDS

Just Bounce welcomes any participant with physical and/or developmental disabilities to participate in our Instructional Class experience. Those who wish to participate will need to contact our partner organization **Reach for the Rainbow** for further information at 416-503-0088 ext.127 or online at www.reach.on.ca. For more information please call or visit our website!



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2009-2010 Registration Form:

Name _____ Birthdate ^{MM} / ^{DD} / ^{YYYY} _____

Home Phone: _____ School _____

Address _____

Postal Code _____ Allergies _____

Gender _____ Age _____

Does the athlete have any physical, mental, or medical conditions that, for safety reasons, should be disclosed? please specify:

How did you hear about Just Bounce? _____

Parent/Guardian #1 _____ Work/Cell _____

Address _____

Parent/Guardian #2 _____ Work/Cell _____

Address _____

E-mail address _____

Session: **Spring**

Class name _____ Day _____ Time _____

Payment Information:

IN ORDER TO INSURE YOUR REGISTRATION, JUST BOUNCE TRAMPOLINE CLUB INC. REQUIRES FULL PAYMENT ALONG WITH YOUR REGISTRATION FORM AND WAIVER. THIS MAY BE SENT VIA FAX, MAIL OR DELIVERED IN PERSON.

Please make cheques payable to "Just Bounce Trampoline Club Inc."

If paying by Credit Card (AMEX, MasterCard or VISA), please fill out the following:

Card Number _____

Expiry Date _____

Name on Card _____

I authorize Just Bounce to charge my credit card in the amount of \$ _____

Cardholder Signature _____

OFFICE USE ONLY

M.O.P. _____ Processed by: _____ Date: _____

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ASSUMPTION OF RISKS PLEASE READ CAREFULLY

AWARENESS AND ASSUMPTION OF RISK

I am aware that Trampoline classes, Trampoline parties and day camp activities involve risks including risk of injury, death, property damage, expense and related loss, including loss of income. Included in these risks are negligence on the part of Just Bounce Trampoline Club Inc., its directors, officers, officials and volunteers, other participants and owners of the facilities where the activities occur. I freely accept and assume all such risks and the possibility of personal injury, death, property damage, expense and related loss, including loss of income.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of Just Bounce Trampoline Club Inc. accepting my application to participate in this activity, I agree:

1. To waive any and all claims that I may have in future against Just Bounce and others.
2. To release Just Bounce and others from any and all liability for any personal injury, death, property damage, expense and related loss, including loss of income that I or my next of kin may suffer as a result of my participation in this activity, due to any cause whatsoever, including negligence, breach of contract or breach of any statutory duty of care.
3. To hold harmless and indemnify Just Bounce and others from any and all liability for any damage to property of, or personal injury to, any third party, resulting from my participation in this activity.
4. That this agreement is binding on not only myself but my next of kin, heirs, executors, administrators and assigns.

I HAVE READ THIS AGREEMENT AND UNDERSTAND IT. I AM AWARE THAT BY SIGNING THIS DOCUMENT I AM WAIVING CERTAIN RIGHTS WHICH I OR MY NEXT OF KIN, HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, MAY HAVE AGAINST JUST BOUNCE AND OTHERS.

Just Bounce Trampoline Club Inc. and Gymnastics Ontario are making every effort to give you and/or your child as safe an experience as possible.

Signed this _____ day of _____, 201__.

Signature of Participant
(Parent/guardian if under 18)

Print name clearly

Photograph Permission

I consent to Just Bounce to take photographs, videotape or digital recordings of me/my child and to use these in any and all media, including the Just Bounce website. I understand I may withdraw consent to the collection, use or disclosure of my personal information at any time by contacting Just Bounce at (416) 635-0206 or jacinda@justbounce.ca.

Signature of Participant
(Parent/guardian if under 18)

Print name clearly